

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 19

Marine Corps Logistics Base Barstow, California

May 15, 2003

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

Logistics Command formed

By Sgt. Phuong Chau
MCLB Albany

The face of Marine Corps logistics changed shape in a ceremony here May 8, when Materiel Command and Logistics Bases consolidated into one force, Marine Corps Logistics Command.

The new command was formed to streamline logistical support to the Fleet Marine Force and to continue the foundation MatCom and LogBases laid in the past.

LogCom will be responsible for Marine Corps prepositioning, supply-chain management, depot-level maintenance and executive guidance across life-cycle management.

LogCom has three commands to carry out its mission. Marine Corps Logistics Base Albany, Ga., and Ma-

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Photo by Pfc. Andy Hurt

The 33rd Commandant of the Marine Corps, Gen. Michael Hagee, spoke with Marines in an "all hands" formation at the base gym Monday. The Commandant of the Marine Corps, the Sergeant Major of the Marine Corps, Sgt. Maj. Alford McMichael, and their wives, Silke Hagee and Rita McMichael, visited MCLB Barstow to speak with the Marines here and take a tour of the base and its facilities. See related story and photos on Page 6.

Stop loss, stop move terminated

By Sgt. Cory Kelly
Press Chief

Maradmin 228/03 was released Monday lifting stop loss and stop move, and providing clarification for specific situations.

During his visit to MCLB Barstow Monday Gen. Michael Hagee, commandant of the Marine Corps, told Marines they shouldn't expect to see moves being made right away. He explained that the Marine Corps was going to handle upcoming and overdue relocations and separations in a methodical and systematic manner, making sure that the forward edge of the sword is taken care of first.

According to the message the removal of Marines from stop loss is directly related to current location of the Marine and the unit.

Eleven Marines stationed here are past their End of Active Service date and 10 are within 90 days of their EAS, according to CWO Joseph

Charles, S-1 personnel officer.

The message noted Marines in the continental U.S. who are past their planned separation date or who will reach their planned separation date before Aug. 11 (within 90 days of the release of Maradmin 228/03) will separate no later than Aug. 11. Marines planned to separate on or after Aug. 11(91 days or more after the release of Maradmin 228/03) will separate as planned.

In the majority of cases the retirement delays set by the stop loss and stop move policy is no longer necessary, according to the message. Marines desiring to retire or transfer to the Fleet Marine Corps Reserve prior to the current approved date contained in the Marine Corps Total Force System should submit an administrative action form containing justification and appropriate endorsements requesting this change.

Future requests for retirements or resignation will be processed in ac-

cordance with standard practices and no longer require a favorable endorsement from the first general officer in the chain of command, according to Maradmin 228/03.

Charles explained that anyone here getting ready to transition out of the Marine Corps wanting to take terminal leave must submit a Personnel Action Request through their chain of command.

Included in the guidance for the termination of stop move was a message explaining that a separate correspondence from the Personnel Management Division Enlisted Assignments (MMEA) to major subordinate commands will include a list of all approved orders effective June 1 or later.

"It's really hard to tell how many Marines have been affected by stop move," Charles said of the Marines affected by the stop move policy. "[Headquarters Marine Corps] has cleared the system of all orders and will reissue them at a later date."

Charles explained that S-1 will contact Marines here as their orders post to the system.

According to the message all other Permanent Change of Station-eligible Marines not addressed in the list provided by MMEA, should contact the MMEA via their chain of command, as only requests for orders with appropriate command endorsements will be considered.

Additional guidance for stop loss and stop move affected Marines including the issuance of orders for activated reservists, commissioning programs, lateral move requests, etc., was also outlined in Maradmin 228/03.

Editor's Note:

For more information or guidance for specific situations refer to Maradmin 228/03 available online at <http://www.usmc.mil/manadmins> or contact Cpl. Diane Jones, S-1 personnel clerk, at 577-6843.

Higher learning really does count

By **Cpl. Rita Fennelly**
MCB Camp Pendleton

When I came to Camp Pendleton about two years ago, I was like most 19 year olds. I was on my own for the first time in my life and living it up with my newfound independence.

Much to my detriment, I kept putting off plans for college.

After a few months of having fun, I realized I wasn't having fun anymore and that I still had not accomplished any of my educational goals. I enrolled at Palomar College the next semester.

I took one class at a time. It wasn't too bad,

so I kept plugging away at a degree with one or two courses each semester.

At first, this whole endeavor seemed impossible. I realized I needed 60 credits to get an associate's degree. A degree seems impossible when you only have a few credits.

Then I did the most important thing. I filled out my DD 295 form after procrastinating for months. The form took a while to fill out, and the folks at the Joint Education Center had to help me do it. But once it was done, I turned it in to Palomar and they gave me 27 credits for my military experience. These credits covered everything from boot camp to all my mandatory Marine Corps Institute courses.

I completed about half of the credit requirements by just filling out a piece of paper. Since then, I've completed the requirements for an associate's degree in general studies. I know it's not much, but at least I reached a goal. I also feel like I've accomplished something during the three years I've been in the Marine Corps.

I'm not going to say it was easy, because it wasn't. Juggling school, marriage and the Marine Corps is definitely a struggle. Putting in a full day's work and going to a three-hour class four nights each week is a handful. Then again, teaching your husband to cook and living off Hamburger Helper isn't exactly a joy either.

My husband and I made a lot of sacrifices,

but I don't regret any of them. He is very proud that I managed to pull it off, and I'm just happy it's over with (at least for the time being).

If you are a single Marine with nothing better to do than watch TV and drink an icy, brewed beverage, you should take advantage of the time on your hands.

If you're a parent, single or otherwise, it is still possible to get an education. It might take you longer and you may have to sacrifice a little more, but it's worth it. If you don't have a lot of money to get babysitters, try finding other parents who have similar educational goals. Coordinate your schedules and baby-sit

See **LEARNING** Page 11

Dehumanizing the enemy

By **Lt. Cmdr. Randel Livingood**
Base Chaplain



Today is the feast day of St. Julian Norwich, a person who found herself enraptured in the eternal and all-embracing love of God.

What is interesting about St. Julian is that with her discovery of faith and the profundity of God's love she also discovered some things about herself.

She discovered we are all too human most of the time. She found this by being able to recognize her own humanity first, thus she was able to see the humanity of others. Bound within that process is a vast wealth of goodness and emotional health. When we are able to see the humanity in others it makes it very difficult for us to harm them.

In fact, that is a technique used to avoid making personal contact with enemy soldiers that would cause hesitation in a military person doing his or her job properly and in a timely manner in times of combat. That is to term them "aggressors," or simply "the enemy." That way they are single entities,

without beginning or end, with parents, brothers, or sisters who will be affected by their termination (see, I didn't use the word death).

We may have learned ways to "de-humanize" others so that we did not have to consider their feelings. This is the lesson that St. Julian learned; she learned that seeing the humanity in others was a panacea for the troubles of life. Was it difficult for her to see the humanity? Yes it was. She wrote that because of our humanity even the good things we do are tainted with some direction of our own personal motives.

It is in our nature to look at what will happen when we do something good or bad and count on the consequences. With that in mind, she believed that God would take those efforts in spite of our humanness and turn them to the most good that they could accomplish. So, while there are drawbacks to seeing humanity it does do some good things for us. One thing it helps us to do is to develop our self-awareness.

Being self-aware is sort of like being able to see our good points and bad points without glossing over the bad points. We would certainly like to think that we have no bad points and that if we, by some odd chance, do

See **CHAPLAIN** Page 11

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Leslie Hunt, information technology specialist for the Communications Division, serves up a chili dog Tuesday to help raise money for the Navy/Marine Corps Relief Society. Communications Division will be selling Indian bread tacos Thursday from 11 a.m. until noon. Advance orders can be placed at 577-6780.

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the **Base Chapel**.
For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.
At the **Chapel Office**.
For more info call 577-6849.



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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Asian Pacific Islander Heritage Month luncheon

The Asian Pacific Islander Program committee has scheduled a "Salute to Liberty" luncheon May 22 from 11 a.m. to 12:30 p.m. at the Oasis Club. The observance is one of the base's six special emphasis programs.

Tickets are \$7.25 and include chicken teriyaki or beef and broccoli with fried rice, and lumpia. Capt. Prasserth Yang, communications officer, will be the guest speaker. For tickets or for more information call one of the following Asian Pacific Islander committee members:

Name	Phone
Dan Keirn	577-6614
Tulu Niusulu	577-7180
Sam Callejo	577-6632
Corina Bonner	577-6619
Hegi King	577-7695
Amy Mandap	577-6895
Vee Pasco	577-6884
Marva Johnson	577-6965
Fred Molino	577-7210
Debbie Anilao	577-6746

Blood Drive

A Blood Drive will be held May 29, from 11:30 a.m. to 3 p.m. at the Base Gym and from 11:30 a.m. to 3 p.m. at the Maintenance Center.

All Departments are asked to submit a list of voluntary donors to the Human Resources Office no later than May 23.

Cajon Pass Construction

The California Department of Transportation (Caltrans) began constructing a six-mile truck-climbing lane May 7 on northbound Interstate 15 near the junction of State Route 138 to south of Oak Hill Road.

Work hours for northbound I-15 will be Mondays through Thursdays from 8 p.m. to 10 a.m., Fridays from 10 p.m. to 7 a.m., Saturdays from 8 p.m. to 8 a.m. and Sundays from 8 p.m. to 9 a.m. Some short-term on/off ramp closures may occur to facilitate construction.

Southbound I-15 work hours will be Mondays through Thursdays from 6 p.m. to 5 a.m., Fridays from 6 p.m. to 5 a.m., Saturdays from 4 p.m. to 9

a.m. and Sundays from 10 p.m. to 10 a.m. Some short-term on/off ramp closures may occur to facilitate construction.

The new truck-climbing lane will ease congestion through the Cajon Pass by separating large trucks and slow moving vehicles from the mainline freeway traffic. The \$4.6 million project is slated for completion in winter of 2004.

As always, please drive with caution through construction zones for your safety and that of highway workers. Please slow for the cone zone.

Bridge Repair

The California Department of Transportation (Caltrans) will rehabilitate bridge deck pavement, bridge approaches and departures on 39 bridges along a 39-mile segment of Interstate 40.

Traffic may encounter lane closures through the work area. The construction zone may have one lane closed in each direction. Lane closure lengths will vary from ½ to 3 miles. Some short-term ramp closures will occur within the immediate bridge construction areas. Work days/hours on the project will be Mondays through Thursdays to include 24-hour lane closures. No planned lane closures will occur on Fridays, weekends or on major holidays.

This \$6.2 million investment is necessary due to age-deterioration of bridge surface pavement. Bridge decks will be treated with long lasting, protective materials. The bridge rehabilitation project is expected to be complete in summer of 2004.

Caltrans advises motorists to keep vigilant for lane closures through the construction zone and always ensure that vehicles are in good mechanical condition before beginning any travel on desert highways. With summer approaching, extreme temperatures on desert highways increase the demand on vehicle performance. Your patience is appreciated as Caltrans works to improve mobility across California.

Essay Contests

Sept. 1 is the deadline for the annual Enlisted Essay Contest, sponsored



by the Naval Institute and Booz Allen Hamilton.

The contest is open to active, reserve, and retired enlisted personnel from any service and country. Essays may address any subject relevant to military service, and winning essays are published in the February 2004 issue of Proceedings magazine. Maximum length is 2,500 words.

First prize is worth \$1,500, second prize gets \$1,000, and third gets \$500. The topic is any subject relevant to military service.

July 1 is the deadline for the annual Naval Intelligence Essay Contest, co-sponsored by the Naval Intelligence Foundation, the Naval Intelligence Professionals, and the Naval Institute.

The winner receives \$1,000, a five-year membership in the Naval Intelligence Professionals, and up to three Naval Institute Press books.

The winning essay is published in the January issue of Proceedings magazine.

The contest is open to anyone, and essays may be on any subject pertain-

See BRIEFS Page 11

N/MCRS Fund Drive

MCLB Barstow's annual Navy-Marine Corps Relief Society fund drive has been accepting contributions since May 1 and will continue through May 30, the scheduled closing date of the drive.

N/MCRS is a nonprofit, charitable organization that provides financial, educational and other assistance to members of the U.S. naval services, and their eligible family members and survivors when in need.

To provide this assistance, the society offers counseling, loans, grants, various services, and referral to other community resources. There are no fees for such help.

Contributions can be made via cash or check; however, the

most common form of contribution is through allotment, which automatically deducts a portion of their overall contribution over 12 equal monthly payments from their paycheck.

For more information on the N/MCRS fund drive, call these representatives:

Name	Phone
Blair Bruffet	577-7109
Gunnery Sgt. Jones	577-6871
Margaret Carter	577-6702
Staff Sgt. Jose Sanchez	577-7052
Naydean Williams	577-7399
Shawn Monahan	577-6861
Meredith Taylor	577-6478
Bertie Dailey	577-6430
Michelle Harrison	577-6696
Staff Sgt. Sikes	577-7269
Gunnery Sgt. Betlewicz	577-6666



A quilt is being auctioned off in the main lobby of Building 15 to help support the Navy/Marine Corps Relief Society.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-214-03-NR	Electronics Worker WG-2604-08	05-08-03	05-29-03	05-12-03	MCLB Barstow

Applicants interested in the above positions should submit résumés online at the following Web sites: <http://www.donbr.navy.mil> and/or <http://www.usajobs.opm.gov>.

For information regarding open continuous announcements go to <http://www.donbr.navy.mil>

For more information concerning public job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357, 577-6279, or 577-6481.

This is not an official list. See the Web sites listed for a complete list.

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rine Corps Logistics Base Barstow, will continue to be a vital asset to the Marine Corps with the premier Maintenance Centers within the Department of Defense, while Blount Island Command, Jacksonville, Fla., will continue to have the military’s premier prepositioning program.

Marine Corps Systems Command, the acquisition organization, which was a part of MatCom, is now a separate command.

This reorganization resulted from a recommendation made by the Marine Requirements Oversight Council that convened last summer to “identify, analyze and implement solutions that optimize the acquisition/logistics chain across the Marine Corps.”

Lt. Gen. Richard L. Kelly, deputy commandant, Installations and Logistics, Headquarters Marine Corps, praised Maj. Gen. Bradley M. Lott, LogCom commander and Brig. Gen. Richard S. Kramlich, LogCom’s deputy commander, for their work and wished them luck for the future.

According to the Commandant of the Marine Corps, Gen. Michael W. Hagee, the merging of the two commands will result in a more efficient and agile organization that will form the foundation for the Marine Corps’ continued success in assuring the materiel readiness of Marines.

“This is a time of change and a time

of transition,” said Lott. “This is an opportunity for us to do all those things that we have said for so long, ‘I wish we could do this; we can craft that change.’”

Lott pointed out the many logistical accomplishments were made during Operation Iraqi Freedom.

“If you trace many of those accomplishments back, they lead to many of the people who are sitting in the bleachers and under the tent here,” said Lott.

Kramlich, former commander of LogBases, will assume duties of Commanding General, 1st Force Service Support Group, at Camp Pendleton, Calif., in June. Kramlich spoke about the successes of the commands here and thanked Lott for the latitude he was given with the LogBases command.

“We saw what the mission was and I am so grateful that this command was able to carry out your vision,” said Kramlich.

Kramlich also thanked the Marines and the local community for their hard work.

“I will cherish the relationship I have had with the community as long as I am in the Marine Corps and beyond,” said Kramlich, who provided some advice on the future of LogCom.

“Now we have one more new name, Marine Corps Logistics Command,” said Kramlich. “One more name that you have to adapt to and let people know who that is and what they do.”

Kramlich asked everyone to take



Photo by Sgt. Phuong Chau

Maj. Gen. Bradley M. Lott, commander, Marine Corps Logistics Command, unveils the commands’ colors during the consolidation ceremony held at Marine Corps Logistics Base, Albany, May 8.

the new command’s mission statement to heart.

According to Kramlich, the mission is to provide worldwide, integrated logistics/ supply-chain and distribution management; depot-level maintenance management; and strategic-prepositioning capability in support of the operating forces and other supported

units to maximize their readiness and sustainability and to support Enterprise Level and Program Level Total Life - Cycle Management.

Kramlich said the workforce has been successful. He asked everyone to maximize resources in the best interest of supporting the warfighter. The workforce diversity has been a huge

strength for the command and the Marine Corps.

“All I ask is to make that diversity a force multiplier,” said Kramlich. “There are more talented people at this base that are looking forward to the chance to take the reigns and run with them. Take that diversity and make it a strength and you will succeed.”

MOU for civilian attire

**Compiled by
BARSTOW LOG staff**

An updated Memorandum of Understanding between MCLB Barstow and the American Federation of Government Employees addressing employee attire has been signed recently.

It states that employees are allowed to wear clothing of their choosing but with that recognize that MCLB Barstow expects its employees to perform their jobs safely and maintain a business like atmosphere to foster an image of professionalism.

The MOU provides the following minimum requirements for employee attire:

Clothing must be appropriate and neat, not badly torn or hem less, and not containing any offensive slogans or pictures or profanity, recognizing that employees in certain occupations will get soiled in the performance of their jobs.

Revealing attire is considered inappropriate. The bottom hem of clothing must be no shorter than mid-thigh.

Shirts or tops are required to be worn at all times. Strapless, backless, half-shirts, tube tops, halter-tops, spa-

ghetti strap tops, muscle shirts, and tops that expose the midriff are not appropriate. Sleeveless tops are acceptable.

It is recognized that there are a variety of work situations aboard the base where employees are allowed to wear shorts. Shorts will not be permitted as follows:

Where hazards exist and wearing shorts would cause increased risk, or conditions where employees are exposed to dangerous conditions such as sparks, chemicals and or burns, shorts are not permitted.

Appropriate attire should be worn during command events, formal ceremonies, formal base sponsored training, meetings with visitors or customers and where employees come into contact with the general public, such as command headquarters in Building 15.

Athletic attire such as revealing shorts, swim wear, jogging shorts, skintight bicycle shorts, and dance apparel is considered offensive and not appropriate for wear.

For more information regarding this revised MOU contact a local union representative at 577-6010 or 256-1482, or contact the Human Resources Office at 577-6914 or 577-6918.

Attaining physical fitness

**By Pfc. Andy Hurt
BARSTOW LOG staff**

PT, PT, every day. Build your body the Marine Corps way.

Not a morning passes on a Marine Corps installation without the melodic alarm of Marines screaming cadence to the steady beat of "go fasters" hitting the hardball. It's a daily ritual for Devil Dogs that began on a fateful Friday afternoon at a recruit depot on either coast.

"PT," or physical training, is a way of life for Marines. Some Marines enjoy PT more than others do; however, it is each Marines' responsibility to ensure that PT improves his or her level of physical fitness.

The first principle of physical fitness is to evaluate one's current level of physical fitness. It will help Marines establish cardiovascular, muscular, flexibility and body composition baselines.

Cardiovascular (or aerobic) exercise is the performance of moderate to high intensity aerobic exercise for a prolonged period of time. Exercises like running, walking, swimming or jogging are examples of aerobic exercise.

Cardiovascular levels are measured by evaluating oxygen consumption. Maximum oxygen consumption, or maximal aerobic activity (VO2 max), varies from person to person and is a measure of the maximum amount of

oxygen a person can use per minute during exercise. The higher the maximum oxygen consumption, the greater the aerobic capacity. Although VO2 max is the optimal way to measure aerobic capacity, it is difficult and time consuming to have tested. Evaluating one's current levels of fitness can be done with more readily available methods. Something as simple as using the PFT run time can be used as a baseline measurement for future evaluations. Either method allows one to tailor his or her run workouts to the correct level of difficulty.

The muscular component involves a combination of physical strength and endurance. Strength and endurance are essential components of overall fitness.

Muscular strength is the force that a muscle or group of muscles can exert against resistance, and is measured by the amount of weight one can lift at one time.

Muscular endurance is the ability of one's muscles to repeatedly apply force to lift and lower weight. Crunches, pushups and side-straddle hops are primarily muscular endurance activities.

Eight or more repetitions of an exercise works on a combination of strength and endurance.

Flexibility is the range of motion possible in a joint or series of joints. Two simple tests for measuring flexibility are the left and right hamstring stretch

and the "sit and reach." After a proper warm-up it is important to stretch for a greater range of motion.

Body composition evaluation divides one's weight into lean weight and fat weight, because everything that is not fat is lean.

Three common methods of measuring body composition are the circumference method, which combines height, weight and measurements around the neck and waist to calculate an estimate of body fat, the skinfold method, which measures skin and fat thickness at specific places on the body to calculate overall body fat percentage, and underwater hydrostatic weighing, which measures body density and is based on the fact that fat is less dense than muscle. The leaner one's body mass, the heavier one will be underwater. It is the most accurate method of measuring body composition.

People should properly educate themselves on what all this information means, study and compare their fitness results to "the norm," decide what improvements are needed or desired and plan a program to meet their needs.

Editor's Note:

Information for this article was taken from usmc-mccs/SemperFit/fithlth/lessonplans.htm

Commandant and Sgt Maj of USMC visit MCLB

By **Pfc. Andy Hurt**
BARSTOW LOG staff

The commandant and sergeant major of the Marine Corps visited here Monday, speaking with Marines and their families and touring the MCLB Barstow Yermo annex.

The visit, which was postponed earlier this year because of Operation Iraqi Freedom, began with an all-hands formation in the gym. Gen. Michael Hagee started out the day with a speech to Marines and their spouses.

“There are two types of Marines,” said Hagee. “Those in Iraq, and those who want to be in Iraq.”

After a loud “oorah” from the audience, he added, “I am with you in wanting to be over there.”

The commandant’s speech covered such issues as the importance of logisticians, as well as the same day lift of the stop-loss stop-move program.

“It was good, with all that’s going on right now, to see the commandant come out to (MCLB Barstow),” said Lance Cpl. Erik Dortch, a legal clerk in the adjutant’s office here.

Sgt. Maj. Alford McMichael, sergeant major of the Marine Corps, also addressed the Marines. He said he enjoys being around Barstow Marines because they have played a tremen-

See **CMC** Page 7



Photo by Pfc. Andy Hurt

Sgt. Maj. Alford McMichael, sergeant major of the Marine Corps addresses civilian Marines about the importance of logistical support during Operation Iraqi Freedom.



Photo by Rob Jackson

Silke Hagee, the Commandant of the Marine Corps’ wife, visits with the children at the Child Development Center Monday during her visit to MCLB Barstow.

CMC from Page 6

dous role in bringing deployed Marines and sailors home alive.

McMichael spoke about the critical role MCLB Barstow plays in equipping Marines to be successful in battle. He also stressed the importance of taking advantage of PME opportunities, including the Corps' 100 percent tuition assistance program.

"It's important through (tuition-assistance) that Marines further their off-duty education so they can empower themselves," said McMichael.

Following their remarks, the Com-

mandant and McMichael opened the floor to questions from the Marines.

Hagee said his main effort as commandant is to ensure and enhance the Marine Corps' warfighting excellence.

After the question and answer period Marines were given the opportunity to speak and/or take pictures with commandant and the sergeant major.

The final step on the tour was a drive-through tour of MCLB Barstow, followed by a visit to Yermo, where the CMC and sergeant major spoke with civilian Marines and toured the test track and Maintenance Center.

Rita McMichael, left, and Silke Hagee, center, talk with the Child Development Center staff members.

Photo by Rob Jackson



Photo by Curt Lambert

Gen. Michael Hagee addresses the Marines of MCLB Monday at the Base Gym.

24th MEU Marines 'get

Submitted by
24th Marine Expeditionary Unit

IRAQ — The 24th Marine Expeditionary Unit (Special Operations Capable), based out of Camp Lejeune, N.C., has spent the last portion of an eight-month deployment conducting operations in support of Operation Iraqi Freedom.

The MEU successfully completed operations as far north as Al Kut, 60 miles south of Baghdad.

The various elements of the MEU conducted combat operations, support missions and provided humanitarian aid to the Iraqi people.

These images give a glimpse of the MEU's impact in Iraq.



Photo by Staff Sgt. Bryan P. Reed

Lance Cpl. Paul A. Rodas from Miami, Fla., machine gunner, 2nd Bn., 2nd Marines, uses a pair of binoculars to monitor activity in a crowd of Iraqi civilians at a vehicle checkpoint in Iraq April 12.



Photo by Staff Sgt. Bryan P. Reed

A sniper team from Reconnaissance Detachment, provides security for a vehicle checkpoint in Iraq April 12.

A Marine from Battalion Landing Team, 2nd Bn., 2nd Marines, mans a fighting position during the liberation of Al Kut April 10.

Photo by Cpl. Jeff Sisto



Iraqi civilians line the street as Marines from the 24th Marine Expeditionary Unit clear the Qalat Sukar secret police station April 11. The 24th MEU



Photo by Cpl. Jeff Sisto

Marines from Battalion Landing Team, 2nd Bn., 2nd Marines, set off explosives to make craters in the road in order to prevent vehicles from driving around the checkpoints outside the city of Al Kut April 12.

The Corps

at the job done' in Iraq



Photo by Sgt. Zachary A. Bathon

the Expeditionary Unit (Special Operations Capable) place explosives on a Ba'ath Party Regime symbol outside the town to destroy all symbols of Saddam Hussein and eliminate the Ba'ath Party presence there.



Photo by Cpl. Jeff Sisto

Cpl. John Ball, radio operator, 24th Marine Expeditionary Unit, sets up communications during the liberation of Al Kut April 10.



Lance Cpl. Kevin R. Ramsey from Randolph, N.H., machine gunner, 2nd Bn., 2nd Marines, uses an optical site on a Tube Launched Optically Tracked Wire Guided Wire Command Linked Missile to monitor activity in a crowd of Iraqi civilians at a vehicle checkpoint in Iraq April 12.

Photo by Staff Sgt. Bryan P. Reed



By Jim Gaines
MCCS Publicity

Father's Day is coming

Shop at the Super Seven Day Store for great specials for dad's big day. The Father's Day Special runs through the end of the month. For more information call the Super Seven Day Store at 256-8974.

Breakfast

Breakfast at the Family Restaurant is from 5:30 a.m. to 7:30 a.m., and at the Cactus Cafe from 5:30 a.m. to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus subject to change. *Today – Family Restaurant:* Soup and salad bar. *Cactus Cafe:* Fried

chicken. *Friday* – Breaded Hoki fish. *Monday* – Spaghetti, meat sauce. *Tuesday* – Chicken adobo. *Wednesday* – Hamburger pie. Active duty military \$3.25, all others \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink. Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. and at the Cactus Cafe from 11 a.m. to noon. Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch. For other Family Restaurant lunch menu items, call in your order before 9:30 a.m. to the Family Restaurant at 577-6428.

Family Night Dining

Tonight – Southern Night: Southern fried chicken, collard greens, black-eyed peas, corn bread, tossed green salad. Peach cobbler served warm for dessert, plus fountain drink of choice.

Family Night Dining prices: Adults \$6, children 5 to 11 years \$4, children under 5 years, eat free. Diner hours from 4:30 p.m. to 7:30 p.m.

Disneyland passes

ITT has season passes to the Disneyland and California Adventure parks. The Premium Pass includes 365 days admission to both parks, plus free complimentary parking. The Deluxe Annual Pass includes 320 pre-selected days to both parks, with option to purchase parking fees. Call 577-6541 for details.

Golf specials

May is Military Appreciation Month - half price green fees to all active duty personnel. Breakfast Club Special - Tuesday, Wednesday and Thursday from 7 a.m.. to noon, green fees: \$5 for 9 holes, \$8 for 18 holes. Call for details 577-6431. Tees and Trees golf course is open seven days a week from 7 a.m. to dusk.

Brown Bag Seminar

The topic of this seminar is "Interview Preparation". The seminar will be held at the Lifelong Learning classroom, in Building 218 May 23 from 11 a.m. to noon. For more information call the Lifelong Learning Center at 577-6118.

New Parents Basic Training

This class is geared towards expectant parents with information on parental issues; preparation for the new baby stages of labor, what to expect during delivery, afterwards, and newborn care. The class will be held Tuesday, from 8:30 a.m. to noon at the Personal Services conference room, in Building 129. The speaker will be Charles Ashbrook from Personal Services. Call 577-6332 to register and for more information.

Baby Boot Camp

Topics include; baby care, nutrition, safety, infant behavior, develop-

ment stages, bonding, and the importance of play. The class will be held Tuesday, from 1 p.m. to 4 p.m. at the Personal Services conference room, in Building 129. Call 577-6332 to register and for more information. **SMP Bowling** Join everyone at the Single Marine Program Bowling Night at the Bowling Center Tuesday. The fun begins at 6 p.m. There will be prizes for the highest scores, most strikes, and many more single and team contests and competitions. Call Semper Fit at 577-6812 for more information.

**MCCS Holiday Hours
Memorial Day, May 26
What's open:**

The Super Seven Day Store - Special hours: May 23, 6:30 a.m. - 6 p.m., May 24, 25 and 26, 10 a.m. - 6 p.m.
The Base Gym - Open May 26, 8 a.m. - 3:30 p.m.
The Family Restaurant - Open May 26, 9 a.m. -2 p.m. with menu service.
Tees and Trees Golf Course - Open 7 a.m. - dusk.

Notice

MCCS information in this column regarding MCCS events as well as lunch and Family Night dining menus will be found on page 3 of the Barstow Log, beginning next Thursday.

BRIEFS from Page 3

ing to naval intelligence or intelligence support to naval or maritime forces. Maximum length is 3,500 words. Additional contest details are available at www.navalinstitute.org.

Bridge replacement

The California Department of Transportation will be replacing bridge placement on 39 bridges from Barstow to Red Wash Bridge along I-40. Up to 24-hour lane closures along the 39-mile segment can be expected Mondays through Thursdays during construction. The project is scheduled to be completed Summer 2004.

For information contact Caltrans Public Information Officer Holly Kress at (909) 383-4631.

Military Handbooks online

Feddesk has launched a new website just for the U.S. military - and there are three free military handbooks now available for request.

The United States Military Hand-

book, the United States Military Retired Handbook and the United States Military Divorce Handbook. The handbooks can be requested at <http://www.militaryhandbooks.com>

Scuba diving certification

A basic, open-water dive certification course is being offered for anyone over 15 years old who is interested in scuba diving.

Cost will not include books and essential snorkeling equipment (mask, fins, snorkel, gloves). Certification takes between two to six weeks depending on instructor/student availability.

If interested, or for more information, contact Gunnery Sgt. Michael A. Bonilla at 577-6668 or bonillama@barstow.usmc.mil.

Busch theme parks free to military

Anheuser-Busch is giving troops and their families free admission to SeaWorld, Busch Gardens and Sesame Place starting May 25 until Nov. 11.

According to an Anheuser-Busch “Operation Salute” press release admission is free to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents.

The offer also has been extended to all coalition forces serving with U.S. troops in Operation Iraqi Freedom.

U.S. Airways savings

Discount fares are available to active and reserve military and their immediate family members through U.S. Airways “Salute Savings” program for tickets purchased through Dec. 31 for travel completed by Feb. 12, 2004.

Rates are available to the eligible through government-contracted commercial travel offices. Certain restrictions may apply.

For more information call the MCLB Scheduled Airlines Traffic Office representative Lynn Escobedo at 577-6135 or SATO Vacations at (877) 304-8456.

CHAPLAIN from Page 2

have a less than desirable trait it would be miniscule and vastly outweighed by our good points. St. Julian would probably have chuckled to hear that. But then she would have added, that when we learn to look at ourselves honestly we would begin to see others more clearly.

We will not see them so we can point out their faults, rather we will see them so we can compare our humanity and discover that we are all created from good things. Then we will be able to reach out to others as moral equals since to do otherwise would be less than human.

Peace,
Fr Randel

LEARNING from Page 2

one another’s children so you both can take classes.

No matter what happens or why you decide to pursue an education, it can never hurt you. An education can only help you in the long run. Right now is the best time to do it, too. The government will pay 100 percent of a service member’s tuition, and completed courses give Marines points toward their cutting scores.

Why waste your G.I. Bill at a four-year university when you can take many of the general educational courses at a community college like Palomar at a fraction of the cost? Save your money and get a bachelor’s or master’s degree at a university when you get out of the military.

So go to the Lifelong Learning Center and fill out a DD 295 form. Sign up for a class and begin chipping away at that degree you’ve always wanted. Don’t forget to prepare for all those Hamburger Helper nights, too.

A really bad place

By Sgt. L. A. Salinas
I Marine Expeditionary Force

Al Hillah, Iraq – Decaying human bones and tattered clothes littered a dirt pit that was once used as a trash dump near the town of Al-Hillah.

Marines with 1st Battalion, 4th Marines found the site but are quick to point out that its existence was no secret.

“It has been there since 1991,” said an intelligence specialist staff sergeant with 1/4. “This site was not a secret in this town; everybody knew where it was.”

The gravesite served as a reminder of the horrible atrocities that occurred in the country of Iraq at the hands of its former dictator Saddam Hussein.

More than 50 bodies have been discovered at the site, with more remains expected to be found with further excavation.

“It appears that they had soldiers and if they were against the regime they and their families were buried,” said the staff sergeant.

A local Iraqi who lives near the site is responsible for leading the

Marines to the gravesite, said the intel Marine.

“It was not a secret; people had known about it,” said the staff sergeant. “When we got there, people were already digging.”

The intelligence staff sergeant gave a graphic description of what they found in the gravesite.

“When you go in there, you are going to see skeletal remains of women and children, women still holding their children,” he said.

A local Iraqi woman, who was present at the gravesite, claimed that four of her children were among the skeletal remains.

According to the staff sergeant, once the excavation has been completed and remains have been identified, they will be returned to their families.

Still, the site is a grim reminder of how the toppled regime treated its citizens and some describe what Saddam might have thought.

“You mess with the regime, you are going to die and I (Saddam) am going to dump you in the trash,” said the staff sergeant.

Local Iraqi women mourn the loss of their children and other family members at a mass gravesite near Al-Hillah, Iraq, May 5. The mass grave was not a secret among the locals, but is just now being excavated so families can try to identify the remains.

Photo by Sgt. L.A. Salinas



Photo by Sgt. L.A. Salinas

Among scattered human skeletal remains near Al-Hillah, Iraq, May 5, 1st Lt. Al Eskalis, interpreter with I Marine Expeditionary Force, listens to stories of how cruel and inhumane Saddam's former regime treated them.



A local Iraqi woman mourns the loss of women and children who were buried in a mass grave near Al-Hillah, Iraq, May 5. The woman claims to have lost four children under the dictatorship of the former Iraqi regime.

Photo by Sgt. L.A. Salinas

2003 PONTIAC VIBE GT: Silver, 6 spd. man. tran, 6 disc changer, 16" alloys, moon roof, only 3,300 miles, take over payments. Call 252-3504.

1998 HONDA ACCORD: Low miles, loaded, \$10,500 OBO. Call 252-5181.

1994 CHEVY ASTRO VAN, 8 pass, loaded, \$5,500, OBO. Call 252-5181.

1993 TOYOTA CAMRY LE: Moon roof, alloy wheels, air, tinted windows, cruise control, tilt steering approx. 150k miles, \$4,800 OBO. Call 252-7454 or 447-1435.

MOTORCYCLES: 2001 Yamaha TT-R 125, runs great, \$2,500 OBO. Call 253-2713, ask for Ramon.

MISCELLANEOUS: 1984 5th Wheel Alpenlite 19', queen bed, sleeps 4, awning, A/C, heater, shower, xlt. cond., \$4,300 OBO. Call 253-1200.

MISCELLANEOUS: Prowler Travel Trailer, 24 feet long, sleeps 7, microwave, refrigerator, freezer, AC, heat, all the necessities, xlt. cond., a must see, \$7,000 OBO, only selling to buy a larger one. Call 256-4873 (8-5) 253-2677 AWH.

MISCELLANEOUS: Four Eagle alloy 143, 160X10 wheels, 8 lugs, center caps, \$400. Call 253-2858 ask for Domingo.

MISCELLANEOUS: Microwave oven sharp, \$25; game table \$60; Akai reel to reel 4 channel, \$200 with remote chord; Nintendo game box \$40; super Nintendo portable game kit, \$50. Call 252-7789.

MISCELLANEOUS: Wooden coffee table with wood center and beveled glass on each side, bottom shelf also wood, very good condition, real wood, \$50. Call 256-4873 (8-5) 253-2677 AWH.

MISCELLANEOUS: EZ Up Dome Tent 8x12 nearly new, \$100; Mizuno baseball glove MPM 1251, 12 1/2 inches, xlt. cond., \$35; tires LT 215-85-R16, \$20, P185-70-R14, \$15, and P175-70-R13, \$10. Call 252-6629.

MISCELLANEOUS: Children's computer desk with file cabinet and chair, \$40 OBO. Call 256-1914.

MISCELLANEOUS: Oak single bed frames (2) xlt. cond., 1950's poster style, \$175; slot machine (silver dollars or tokens) xlt. cond., \$650; TV, 32 inch, dual tuners (pic-n-pic) Sony, \$850. Call 256-7557.

MISCELLANEOUS: Chevy 350 aluminum two quad manifold, \$110; new golf clubs, bag and accessories, \$125; older Volkswagen, mag rims, \$55; aluminum awning for car port or patio, \$110; Ford Ranger tailgate, \$55; push bumper with brush guard and winch mount, \$145; small cross bed truck tool box, \$25; Honda Civic, 1986 clean body and interior, needs engine, \$1,000. Call 254-1913.

MISCELLANEOUS: Washer and dryer, 10 Months old, \$350; Couch and sofa, \$350. Call 255-1820 lv. msg.

WANTED: Honda or Acura car or car parts. Call 254-1913.

Ad Placement

Non-business BARSTOW Log Classified Ads are free for base employees and active or retired service members and their family members. Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review

(661) 945-5634

